



CMA NEWS

Term 4 2018

Companionship & Morning Activities for Seniors

CMA celebrates the year by having FUN

Our annual Fun Day in October was a huge success with our members getting into the spirit and proving you are never too old to have fun and play games. It's a day that many look forward to through the year and we are reminded that lasting memories are formed when we do something that's out of the ordinary.

Experiencing new things and making memories is just as important in our latter years as it is when we are young. Continuing to interact with others and engaging all your senses keeps your brain active and sharp and significantly improves quality of life particularly if mobility starts to decline.

As Christmas approaches most of us look forward to happy times spent with friends and family but Christmas for some older people can be lonely and is often seen as just another day. Look out for your older neighbours at this time of year. Pop in and say hello and share a mince pie and a chat over a cuppa... it could really make a difference.

Merry Christmas and a safe and prosperous New Year.

The team at North Shore CMA



Red Beach and Stanmore Bay love
fun Day



Bus Trip



catching up with CMA friends



AROUND THE CENTRES

Red Beach Centre

At Red Beach we do not 'wind down' to Christmas - this is the term we ramp it up! We are super busy at this time of year. Following the great event of Fun Day we move on to calendar celebrations such as Halloween and Christmas while still enjoying ourselves playing games and having fun! A particularly interesting morning was when Peter visited to share his experience of the sinking of the ship "Oceania" in 1991. Super scary but so wonderful that not a single life was lost! As the year draws to a close, Red Beach guests, volunteers and supervisor would like to wish everyone a wonderfully happy Christmas and a safe New Year. See you in 2019!



Peter shares his story of the
Sinking of the Oceania, South Africa
at Red Beach



PAIRS

A favourite game at Red Beach



THE BOO CREW

RED BEACH

Sunnynook Centre

This term at Sunnynook seems to have gone way too quickly and everyone is amazed Christmas is only a few weeks away.

As always we have enjoyed our time together at the centre and are particularly enjoying the regular strength and balance exercises. It is amazing how good they make us feel!!

This term we have had the pleasure of having Nick from the fire service in to give us helpful advice about safety in the home. This invaluable information helps keep us safe – plus he has some entertaining stories that make us smile.

Christmas parties will mark the end of term before the summer break begins.



Albany Centre

Albany has been in full swing this term, with a few big days out and about, Melbourne Cup races and lots of reminiscing around prices of the good old days, and old baby photos.

We had our term outing this term to The Albany pub, and have to say the food was superb, and they were fabulous hosts.

The Melbourne Cup day saw some fierce competition come out amongst the guests, and our horse favourite 'Dynamic Dave' had one race where he sadly didn't leave the start line, but our fill in horse, (the rhino!) was definitely underrated and gave us all a late surprise. The 'bring in an old baby photo'

was a fabulous day, and it was a real treat for me to see some of these treasured items, and in some cases, the only baby photos they owned of themselves. It makes me really think about the photo or documented world our children grow up in nowadays.



Christmas Parties



ALBANY



STANMORE BAY



BIRKENHEAD



RED BEACH



BELMONT



GLENFIELD



SUNNYNOOK



MAIRANGI BAY



Christmas Quiz

1. Christmas is celebrated on the 25th of December. Who is the patron saint remembered on the 26th of December?
2. Every elf has this ornament on the tip of their shoes. Which ornament are we talking about?
3. How does Santa Claus go back up the chimney to continue his journey of delivering gifts?
4. How many points does a snowflake traditionally have?
5. Name the eight original reindeer.
6. What are the gifts that the three wise men gave baby Jesus, according to Christmas history?
7. Which country can be credited with the creation of the Christmas beverage, eggnog?
8. Which country gifts the Christmas tree that is placed at the Trafalgar Square in London, according to Christmas tradition?
9. Which is the most popular ornament used to place at the top of the Christmas tree?

Answers bottom of Health Matters page



Hats off to our hard working supervisors

“Never put an age limit on your dreams”

Dara Torres, Gold medal swimmer

Fun Day

2018





The importance of planning

Advance care planning gives everyone, including you, a chance to think about what's important. It helps you understand what the future might hold and to say what health care you would, or would not, want. Advance care planning helps you, the important people in your life and your health care team plan for your end-of-life care. This makes it much easier for everyone to know what you want – especially if you can no longer speak for yourself. Advance care planning can be done a step at a time at your own pace. The important steps are thinking about and talking about your wishes, writing them down and sharing them.

There's a guide you can use to write down those wishes. Follow the steps to get started.

STEP 1 – Think about it

- What is important to you? What gives your life meaning?
- Are there any treatments or types of care that you would or would not want?
- Who would you want to make decisions on your behalf if you weren't able to? Do you have an enduring power of attorney?
- If there was a choice, how and where would you like to spend your last days?

STEP 2 – Talk about it

- Who would it be good to share your thoughts with?
- Family/whānau /your friends and loved ones / your spiritual advisor?
- Your GP, practice nurse, hospital specialists and health care team?
- Your enduring power of attorney?

STEP 3 – Write it down

Write down what's important to you, what treatments you may or may not want and anything else you want others to be clear about. Having your wishes in writing can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

STEP 4 – Share it

Once you have written down what's important to you and what you want to happen, give a copy to:

- key family members/whānau
- your GP practice and all members of your health care team
- your enduring power of attorney (if you have one).

STEP 5 – Review it

Review your advance care plan regularly to make sure nothing has changed for you. If things change, update your plan and share it.



CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
C H Z Q E J A O R E I N D E E R I R L Q
M B M O L S Z T V W U P O B N D T T V V
N H N J O L L Y N U Y E N M I H C C E U
X P M N P P S F I A G K A C L Y V H S Z
D L A E H X C E L B S F P G C E T Q E G
Z O M N T H E D A Y S G N I T E E R G M
S D Z I R V T Q P S G S B W C C P W V Q
P U I Z O V A J A E O R U A C F S O G S
G R E H N X R L B P Y N N H R S O I L
B N Z C S T B H J O M D P I M O A B V M
Y M I S T L E T O E Y R D E E S M C I U
G O C N O R L D K C O Q O N R T T W N B
W K Y Q C Z E J A G O V T D R Y S D G Q
L O R T K L C N I C G P N R Y L I N X S
J N X J I R E F B A V A P J E H R D C Z
X L W O N H T A E R W V I I L E H A Y E
W L R D G Z G Y L D J C G N X E C M B O
M Y A D I L O H L S U H J A W N Z A M J
I X P D B T V H S K M W S E L D N A C U

BELLS
CANDLES
CANDYCANES
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTHPOLE
REINDEER



With mirth and laughter let old wrinkles come
from *The Merchant of Venice* by Shakespeare

Cherish all your happy moments, they make a fine cushion for old age.

Booth Tarkington



As Christmas is upon us it is a good time to reflect on an action most strongly associated with it, namely giving. But since this is a health column let's think about it from this perspective. Giving in the best spirit is actually an act of charity. We typically associate charity with money but it is more a frame of mind that can be applied to everything we do. The size, value or nature of the gift in this regard is irrelevant since what the recipient experiences is all about a feeling. We feel charity. It gives us a lift. CMA is rich in this quality as guests frequently experience. Those of a charitable disposition are always boyant and great to be around because they have discovered that to give of oneself is the ultimate act of charity which pays back in spades.



In loving memory

Beautiful Beulah with her husband Rudolph, long term members of Glenfield CMA. Beulah sadly passed away this term. We remember her laughter, her singing and her love of knitting socks for everyone she knew.

XMAS QUIZ ANSWERS

1) Stephen. 2) Bells. 3) He places his finger on the side of his nose, gives a smile and a nod. 4) Six. 5) Blitzen, Comet, Cupid, Dasher, Prancer, Vixen, Dancer, and Donner. 6) Gold, Myrrh, and Frankincense. 7) England. 8) Norway. 9) Angel.

Sophie is so amazing with her animals
Thank you for sharing them with us at

Stanmore Bay



Thank you Keiran for
preparing our meals at
Stanmore Bay
THE DUKE OF
EDINBURGH'S AWARD



Happy Birthday to Lynton
and thanks to volunteer
Robyn for the yummy cake.

<p>If athletes get athletes foot, what do astronauts get?</p> <p>Missle Toe</p>	<p>What did the salt say to the pepper?</p> <p>Season's Greetings!</p>	<p>What do you call an Elf who sings?</p> <p>A Wrapper!</p>
<p>Who makes toy guitars and sings, "Blue Christmas"?</p> <p>Elfis</p>	<p>TOP XMAS CRACKER JOKES!</p>	<p>Who hides in the bakery at Christmas?</p> <p>A Mincee Spy</p>
<p>On which side do turkeys have the most feathers?</p> <p>The outside</p>	<p>What do reindeer hang on their Christmas trees?</p> <p>Horn-aments!</p>	<p>What happens if you eat Christmas decorations?</p> <p>You get "Tinsel"-it is</p>



Have a very merry
Kiwi Christmas
and we will see you all
in the New Year

Notice Board

TERM 4 ends Dec 14th

TERM 1 starts Jan 29th

We are in need of volunteer drivers to drive guests to and from the centres. Call us to chat about it on 489 8954

Do you know any people who would like to try out a CMA centre. Bring them along, the first session is free.

Thank You to our Funders and Supporters

Waitemata District Health Board. NZ Lottery Grants Board. The Lion Foundation. Community Organisations Grants Scheme (COGS). Foundation North. Pub Charity- from gaming machines at The Jolly Punter, Florrie McGreals Irish Pub, Seven Stars, Brownzy's Sports Bar, The Albany. Laurie Parker Trust. AJ Scott. Auckland Council. Devonport and Takapuna Local Board. Kaipatiki Local Board. Hibiscus and Bays Local Board. Upper Harbour Local Board. Pelorus Trust. Four Winds Foundation. Community Post. 'Z' Energy. VMG Digital. Allright Welfare Trust. North Shore Presbyterian Hospital Trust. Blue Sky Community Trust. NZ Tertiary College. Postman's Leg, Glenfield. NZ Community Trust

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Glenfield: Jacinda
Red Beach: Melissa
Stanmore Bay: Melissa
Albany: Kiri

SUPPORT STAFF:

Manager: Rachel
Support Officer: Leah

CONTACT DETAILS:

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E-mail: info@cmans.org.nz

Website: www.cmans.org.nz

Charities Reg. No. CC22808

CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYNOOK - MONDAYS

BIRKENHEAD - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS